



assessment of the patient's sexual, health, and psychosocial history.

## Interventions

### Phosphodiesterase Type 5 (PDE5) Inhibitors

[Phosphorus-P Duster with \(5\) hand in Inhibiting-chains](#)

Phosphodiesterase type 5 (PDE5) inhibitors are indicated for patients with erectile dysfunction. The medications increase blood flow to the corpus cavernosum by relaxing smooth muscles. Examples of PDE5 inhibitors include sildenafil, tadalafil, vardenafil, and avanafil. Since they both cause significant hypotension, avoid concurrent administration of PDE5 inhibitors with nitrate drugs.

### Vacuum Constriction Devices

[Vacuum Constrictor](#)

Vacuum constriction devices pull blood into the corporeal body to produce an erection. Examples of vacuum constriction devices that retain venous blood for maintaining an erection include a penile ring or constrictive band.

### Intraurethral Devices

[In-U-Wreath Device](#)

In combination with vasoactive drugs, intraurethral devices enhance blood flow into the penile arteries. Vasoactive medications are administered as a topical gel, intracavernosal self-injection, or insertion of a pellet into the urethra using a medicated urethral system for erection (MUSE) device. Examples of vasoactive medications include papaverine, alprostadil (Caverject), and phentolamine (Vasomax).

### Penile Implants

[Penis In-plants](#)

Since these surgical procedures are highly invasive and may cause complications, penile implants are indicated for patients experiencing severe erectile dysfunction. Complications related to penile implants include mechanical failure, infection, and erosion. Semi-rigid or inflatable penile prostheses are implanted into the corporeal bodies to sustain an erection firm enough for intercourse.

## Considerations

### Sexual Counseling

[Sex-symbol Counselor](#)

Since many patients affected by erectile dysfunction are uncomfortable discussing their issues, sexual counseling is recommended to assess and address the patient's psychosocial status. Sexual counseling should be initiated prior to beginning medical treatment for erectile dysfunction. Since sexual dysfunction affects relationships, the patient's partner should be included during counseling sessions.